



melmed center

Nutri-Tip from Jan

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Food and Mood

Maybe it's not all in my head because.....

- I ate *25+ gms of added sugar on an empty stomach
- *My "daily" recommended intake is 25 gms
- I'm not eating enough soluble fiber to slow down the absorption of sugar
- My good/bad gut bacteria are imbalanced
- I'm not chewing my food properly
- I have stomach and head aches
- I don't drink enough water
- I'm eating processed or fast food rather than "fresh" whole food
- I'm hangry and hungry for simple carbs when my body and brain cells crave fat, protein, and complex carbohydrates.



Want to Learn More?

Even the smallest nutritional change can improve physical and mental well-being.

Our metabolisms are as unique as our fingerprints. If you are concerned about your child's nutrition (or your own), schedule an appointment with Jan Katzen, CN, our nutritional therapist, for a comprehensive nutritional evaluation and a sustainable, delicious food plan.

Complimentary 10-minute introductory phone consults with Jan are available.

Please contact the front office for details